How to Best Utilize Mentoring Relationships

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Take advantage of mentors –– those leaders who will support you in your chosen direction, even if it differs from theirs.

Sara Vecchiotti, Ph.D., Esq

- Fordham University– Ph.D.– Developmental Psychology 2004, NYU Law School–JD, 2004
- Acting Deputy Commissioner for the Division of Child Care and Head Start, NYC Administration for Children’s Services (ACS).
During graduate school I found mentors from multiple places who are now close friends

- **Research Mentor**
  - Celia Fisher, Ph.D.
- **Legend Role Model**
  - Olivia Hooker, Ph.D.
- **Peer**
  - Deidre Anglin, Ph.D.
Early Career

- Look both at your institution and outside of your institution for mentoring opportunities
- Training Programs
  - Post Doc at Centers for Disease Control
  - UCSF Center for AIDS Prevention Studies VP
- Peers
  - SJU untenured Psychology faculty
- Legend Role Models
  - Kathy Saunders-Phillips, Ph.D.
  - NIDA R03 Consultant
I spent my entire graduate school career being asked: “Sociology—what will you do with a PhD. in THAT!!!?”...

Well, I am doing real world applied work that makes a difference, reaching over 100,000 families in 8 sub-Saharan African counties (and I’m just getting started).

Best advice: Listen and don’t make assumptions.

Kim S. Miller, Ph.D.
- Ph.D. Sociology– Emory University
- Senior Advisor for Youth Prevention, Centers for Disease Control and Prevention, Center for Global Health
Take Advantage of Professional Opportunities to find Mentors
Early in my training and career, I always knew best what I didn't want to do. I didn't want to work for the government and I didn't want to do work related to drugs and alcohol. I did both! It has been one of the most rewarding experiences of my life in that it allowed me to help shape a national research agenda on one of the most significant public health problems facing all our communities. I learned to be open to new directions.

Lula Beatty, Ph.D.
  ◦ Ph.D.– Clinical Psychology
  ◦ Director, Special Populations office National Institutes on Drug Abuse
    • On assignment at the American Psychological Association, Health Disparities Initiative
Take time to Mentor the next generation of leaders


*was a MPH student– Received MD and is now completing OB–GYN residency